

Among Friends



Fond du Lac Senior Center ...where friends meet!

DECEMBER 2016

Proudly serving the seniors in the Fond du Lac community for almost 50 years!

Season's Greetings

From the Fond du Lac Senior Center

The best part of the season is remembering those who make the holidays meaningful.

We wish you all the love and happiness this season can bring, and may it follow you throughout the coming new year.

2016



A Free Monthly Publication
Vol. 7 • No. 12

What's Inside

Cathy's Corner	2
Holiday Updates.....	3
Programs & Activities.....	4 - 8
Save The Date	9
Health & Wellness	10
Senior Outreach Program	11
December Calendar.....	12, 13
MPTC/Art & Recreation Classes	14-15
Scrip Gift Cards.....	16
Brown Paper Packages	17
Movie	18
Services	19
Happy Travelers	20, 21
Announcements.....	22
Membership Application.....	23



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Friends bylaws available at our Center.

Visit us online at www.fdlseiorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



"It's the Most Wonderful Time of the Year ..."

Whenever I think of the holiday season, this song pops into my head. I think part of the reason is because the Andy Williams' Christmas album seemed to always be playing on the record player (yes record player!!) during the holidays when I was growing up. I still look forward to hearing it when I go home for Christmas celebrations. I think the other reason is because I really believe that the holiday season IS the most wonderful time of the year.

I understand that the holidays can be stressful, lonely, busy, expensive, and many more things. I also think that it is the time of year that brings out the best in us. I feel like we are more compassionate, more giving, more welcoming and kinder. The spirit of the season blankets us with a different temperament that I wish we would see all through the year.

As we welcome December and the holidays, I want to take a moment to say "Thank You" to every one of you that has supported our Center during the last year. Your time, talents and treasure help us do awesome things and provide an amazing variety of programs and activities for the people we serve. If you haven't already, I would encourage you to join the Friends of the Fond du Lac Senior Center, or renew your membership. We appreciate our "Friends" more than words can express.

I wish you all peace and joy during this special time of the year. Enjoy the season and all its sparkle.
Merry Christmas!

Cathy





Senior Center Holiday Hours

The Senior Center will be closed the following days:

Monday, December 26
Monday, January 2

YOUR GRANDCHILDREN CAN TALK TO SANTA!

The Senior Center has *special connections* with Santa and Mrs. Claus, giving children the opportunity to make a local phone call and talk to the North Pole couple about gift wishes. With adult permission, children can call to talk to either Santa or Mrs. Claus.

Thursday, December 1, through Friday, December 23, between 3:30 and 4:30 p.m. Thank you to the volunteers who make this fun service possible!



**Ho Ho Hotline
322-3637**

Newsletter Crew

Editor.....Christina Thor
Mail Crew.....Katie Fischer and
20+ volunteers!

Newsletter Deadline

The deadline to submit something for the December *Among Friends* newsletter is Friday, December 9, 2016. Please submit information to Christina Thor, cth@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

Sponsored by Smith & Hatch Insurance.



ROSE Bertram, LLC
The Fond du Lac Area
Retirement Planning & Investment Resource

Call now for a
complimentary consultation
920-922-9720

Securities and Advisory Services offered through Woodbury Financial Services, Inc. Member FINRA, SIPC
Rose Bertram, LLC and Woodbury Financial Services, Inc. are not affiliated entities.



5% Senior Discount

**3 Great Fond du Lac Locations
to Serve You**

969 E. Johnson St.
(next to Festival Foods)
W6606 Hwy 23W
(across from Menards)
81 W. Pioneer Rd
(next to Pick 'N Save South)

**Knights of Columbus Hall
OPEN TO THE PUBLIC**

• Friday Fish Fry
• Wedding Receptions
• Banquets & Dinner Meetings
795 Fond du Lac Avenue
Phone (920) 921-1290
Web www.kchallfdl.com



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Duane Budelier to place an ad today!
DBudelier@4LPi.com or (800) 950-9952 x2525

Hearing Evaluations • Hearing Aids & Batteries • Assistive Listening Devices

We welcome all patients of Greg Wiersema & Audiology Center of Fond du Lac



'Helping the community hear better, one person at a time'

**Call (920) 332-4146 Now
For Your Appointment**

Many Models Available!
www.fonddulachearingaids.com

481 E. Division Street, Suite 900 • Fond du Lac

**Protecting Seniors
Nationwide**

Medical Alert System



\$29.95/Mo. billed quarterly

- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.7772



Your Caring Community features ...

Advanced health care
Multiple living options
True community

*Experience
true community today.*
Call (920) 921-9520
to meet with our team.



Lutheran Homes & Health Services
Living long. Living well.

www.lutheranhomesfonddulac.org



For ad info. call Tom Schmanski at 1-800-950-9952 • www.4lp.com

Friends of Fond du Lac Senior Center A 4C 01-1122

Programs & Activities

Wall of Art

Have you seen the beautiful artwork in our activity rooms? They were all created by our Center's very own artists and participants. Come check out their talents!

ART CLASSES

Come explore your artistic side and sign up for an art class at our Center! See what classes we offer on page 14 of this newsletter.

Classes take place on:
December 6, 13, 20 & 27

FREE TAX ASSISTANCE

NEW LOCATION THIS YEAR:
Salvation Army
(Fellowship Hall)



The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP. It provides free personal income tax assistance, and free e-filing, to low-to-moderate income taxpayers - with emphasis on those over 60.

Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the TCE program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

Watch our Facebook page and January newsletter for more information as it becomes available. Program dates and times, and appointment information was not available when this newsletter went to press.

Did you renew your Friends Membership for 2017 yet?

Don't miss out on all the great benefits a Friends membership can offer! You can become a consignor in the **Brown Paper Packages Gift Shop, travel with the **Happy Travelers**, receive the monthly newsletter by mail & more!**

The membership application can always be found on page 23 of this newsletter!



Upcoming Umbrella Brigade Performance

Are you ready for the Red Hatter's Umbrella Brigade performance this month? This amazing group will be spreading a little sunshine on:
Wednesday, December 14
2:00 p.m. at ManorCare

These ladies and their performance will make you smile!

Tech Tyme

Every Thursday
One-on-One Help
DROP-IN BASIS
1 - 3 PM
OPEN TO EVERYONE
& FREE TO ATTEND

Come get your questions answered about your computer, software, how to use your iPhone, iPad, Facebook and more!

Due to the demand, sessions are limited to 15 minutes per person if other people are waiting

NOTE: Thursday, Dec. 8 is the last day of the year for Tech Tyme. Hours will

BAGELS WITH BEN



Tuesday,
December 13
9:00—10:00 a.m.

Get your investment questions answered!

Ben Baertschy, Financial Advisor with Edward Jones Investments, will answer your investment questions, give a market update and discuss investment strategies at our Center. Bagels from The Bagelmeister. Call 322-3630 to register.

AARP CHAPTER 614 CHRISTMAS PARTY

Wednesday, December 21
North Fond du Lac Community Center
280 Garfield Street, North FDL

11:30 a.m. Social

12:00 p.m. Luncheon

*Musical entertainment to follow by the
Winnebago Lutheran Academy Choir*

Menu: Chicken, Tips, Mashed
Potatoes, Dressing, Glazed
Carrots, Salad & Carrot Cake

Cost: \$11 per person

* Great Food * Entertainment
* Fun * Raffles

Register by Friday, December 16
Limit of 80 attendees

AARP Christmas Party

Name(s): _____

Phone: _____

\$11 per person. Amount Enclosed: _____

Make check payable to "AARP Chapter 614," and drop it off at the FDL Senior Center front desk or mail to: Charlotte Nelson, 377 Walker Street, Fond du Lac, WI 54935. The deadline to register is Friday, December 16.

*If you would like to join AARP for \$3, your membership is good now through December 2017. Those joining by January 31 will be eligible to win a \$25 gift certificate in a random membership drawing to be held at the AARP General Meeting at the Senior Center on Thurs., Feb. 16, 2017.

RED HAT HONEYS



THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

CHRISTMAS PARTY & CROWNING OF THE NEW QUEEN

Tuesday, December 13
12:00 p.m. (Noon)



A luncheon will be served at the Holiday Inn (625 W Rolling Meadows Dr, FDL) and Queen Rosie Hernandez will abdicate the hive's

throne and the new Queen will be crowned.

Cost: \$5.00 for Red Hat Members
\$15 for non-members

Register by Friday, December 9

Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

BOOK CLUB

**Monday, Dec. 12
at 9:30 a.m.**

The Book Club will be meeting in December for a holiday get-together

**Note: Will not be meeting the 3rd Monday for this month only.*

CARD GAMES

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

*For information or to play, call
Johanna O'Brien at 251-3759.*

Thursdays: 10:00 Beginners
(subs needed)

Thursdays: 12:30 p.m. Advanced
*For information or to play, call Judy
Rupp at 920-477-3021.*

CANASTA

**1st, 3rd & 5th Wednesdays
at 12:00 p.m.**

EUCHRE

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

\$1.50 Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays & Fridays at 1:15 p.m.

Black Queens

RECREATIONAL SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Thursdays at 8:00-11:30 a.m.

(except the first Thursday of the month)

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

Melodies & Memories Choir

Thursday, December 8 at 3:30 p.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 donation

Wednesday 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GAME DAY

Fridays at 1:30 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

POOL Open Pool daily

Leagues

8-Ball Tuesdays (September–April)

9-Ball Wednesdays. (September–April)

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the

"Retired Old Men Eating Out" for lunch...

You don't have to be retired (or old) to

join in on the camaraderie and fun!

Thursday, December 1

Rolling Meadows

Call our Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.

(except March, July and December)

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

You MUST call the Senior Center if you are interested in attending.

Saturday, December 17th

Benvenuto's

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

Tuesday, December 13

Annual Christmas Potluck Dinner & Silent Auction 6:00 p.m.—8:00 p.m.

Main meat & beverage provided!

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

Friends of the Fond du Lac Senior Center



DINE OUT COUPON BOOK

**Surprise that special someone
with the gift that gives all year long!**

Discounts are good from January – December 2017

Purchase coupon books in the Brown Paper

Packages Gift Shop! Cost: \$7

Coupon books also available at: Calvary Cemetery, Central Barber, Fox Valley Savings Bank, KFIZ, Philly's on 4th and Pump 'n Pantry



SPECIAL THANKS to GRANDE CHEESE

*for their generous
contribution toward the
printing of this year's book.*

***Thanks to these local restaurants and businesses
for their participation in this year's coupon book:***

- A&W Drive-In (2) ▪ Ala Roma Italian Pizzeria & Pub
- Ang N Eddies ▪ Backyard Grill & Bar ▪ Bagelmeister
- Benvenuto's ▪ Blanck's Supper Club—Johnsburg
- Blanck's Lake Aire Supper Club ▪ Boda's (2)
- Capone's ▪ Casa del Tequila ▪ Coliseum Sports Bar & Grill
- Dairy Queen East ▪ Dillion's—Ledgewood Lanes (2) ▪ Downtown Deli To Go
- Eden Café and Eden Grill in Taycheedah ▪ Fat Joe's ▪ Fishy's Bakery
- Friar Tuck's ▪ Gille's Frozen Custard Drive-In ▪ Gino's Italian Restaurant
- Green Dragon Brewpub ▪ Korneli's Main Street Express ▪ Mancino's (2) ▪ Oak Central
- Paddy's Pizza ▪ Philly's on 4th (2) ▪ Philly's on the Miracle Mile (2)
- Pioneer Pit Stop ▪ Pump & Pantry ▪ Red Cabin at Green Acres ▪ Rolling Meadows Family Restaurant (2)
- Sal's Pizza ▪ Salty's Seafood & Spirits ▪ Schmitt's Bar & Grill (2) ▪ Schreiner's Restaurant
- Sebastian's Steak House ▪ Sombrero's ▪ Subway ▪ Sunset on the Water
- Taco Johns ▪ Tuckers (2) ▪ Urban Fuel ▪ The Welsch (2) ▪ Wendt's On the Lake

**Thank you to the Master
Gardeners**

for taking care of the flower beds at our Center. We appreciate the beautiful flower beds and the hard work that goes into keeping them that way!



Thank You!

Mahjong

***Tuesdays, beginning November 22
1:00—3:00 PM***

Join the Center's newest group!

Starting on
Tuesday,
November 22nd
at 1:00 p.m., we
will be playing
Mahjong.
Come join us!



Congratulations to our latest AMP (Aging Mastery Program) Graduates!!

The Aging Mastery Program was designed by the National Council on Aging to help us make the most of the **gift of longevity**. Participants learn from a variety of community partners on things from exercise and hydration, to healthy relationships and financial wellness.

The next AMP Class will be in April—mark your calendars!

Programs & Activities



SNOWBIRDS? MOVING?

If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail, PLEASE CALL THE RECEPTION DESK at 322-3630 TO LET US KNOW! Because of our bulk mailing status for our Among Friends newsletter, any newsletters that cannot be delivered will be returned to the Senior Center and *will be charged* to the Center. We have been getting many newsletters back each month and this can be quite costly. Or, give us your email address and we'll email the latest issue to you!

COMPLIMENTARY TICKETS



The Fond du Lac School District has provided the Senior Center with 10 complimentary admission tickets to regular season sporting events and music department musicals and plays. These tickets are to be used by seniors on a shared basis. In this way, anyone who is interested in attending a specific event may pick up a ticket, use it for that particular event, and return it to the Center for use by others.



Giving has never been easier!

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to our Center whenever you shop on AmazonSmile!!

Use this website below to donate while shopping:
<https://smile.amazon.com/ch/39-1658681>

Melodies and Memories Choir

Thursday, December 8

3:30– 4:30 p.m.

2nd Thursday of each month

Do you love to sing? Do you like to sing just for fun? Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.



Please call the Center at 322-3630 if you would like to join us.

Dress up on Fridays before PACKER game days!

Game Days: Dec 4, 11, 18, 24 & Jan 1



Don't have any Packers gear?
 Stop by the GiftShop to check out its Packers selection this season!

Friends of the Fond du Lac Senior Center Annual Meeting & Board Election

Thursday, January 19; 3:00 p.m.

The Friends Annual Meeting will be held at the Senior Center on Thursday, January 19 from 3:00–4:00 p.m. Voting to fill vacancies will take place at this meeting (or ballots will be available at the front desk from January 9-19 if you cannot attend the meeting). Information regarding candidates will be in January's newsletter. Friends members are encouraged to attend to find out what's happening with the Friends organization.

- Senior center updates
- Annual report
- Elections

If you are interested in running for the Friends board, please contact Wally Seibel.

Veterans to Veterans Program

Do you like making a difference in people's lives? Do you enjoy volunteering and spending time with people?

The Fond du Lac Senior Center is looking for veterans to volunteer for their new Veterans to Veterans Program! We are looking for veterans who can volunteer on a monthly or one-time basis to visit Veterans at local senior living communities to may not have frequent visitors.

If you're interested, please call 322-3630 to pre-register!

December chime choir concert

Join us for some beautiful Christmas music from our very own Chime Choir!

Thursday, Dec. 1: Hope in Lomira at 10:00 a.m.
 Wednesday, Dec. 7: Barrett House in Ripon at 10:00 a.m.
 Thursday, Dec. 8: Woodlands Building #87 at 10:45 a.m.
 Wednesday, Dec. 14: Lutheran Home at 10:30 a.m.
 Thursday, Dec. 15: Grancare at 10:00 a.m.
 Wednesday, Dec. 21: Artisan Assisted Living at 10:00 a.m.
 Thursday, Dec. 22: Woodlands Building #77 at 10:45 a.m.



Christmas Concert

Sunday, December 4; 1:30 P.M.
 American Legion Hall
 500 Fond du Lac Avenue in FDL

The Fond du Lac Senior Center's singing class will be performing at the Fond du Lac American Legion. Refreshments will be served! Come hear some wonderful music by our very own singing class! Presented by: "The Singing Class" and vocal students of Kathryn Staley-Hamm.

FREE CONCERT, OPEN TO THE PUBLIC—everyone welcome!

Southlake and Ashbury Senior Living

~Heat and Water is Included~
 ~Ask about our Specials~
 Call **(920) 948-3313**



Professionally managed by Premier Real Estate



Christopher S. McFarlane DDS
 Mark J. Ridenour DDS

Services provided:
 Dental Implants
 Wisdom Tooth Removal
 IV Sedation • Tooth Removal

NEW PATIENTS WELCOME

155 N. Rolling Meadows Drive
 Fond du Lac, WI 54937
 (920) 921-5001

www.omswinnnebago.com

Kurki-Mach Funeral Chapel & Crematory

920-921-4420

www.kurkimachfuneralchapel.com

Don Kurki, Funeral Director



HELP PROTECT YOUR FAMILY

CALL NOW!
 1-888-891-6806



HOME SECURITY TEAM

HARV'S PAINTING

Commercial • Residential
 Interior • Exterior
 Bams • Metal Homes
 Wallpapering • Varnishing
 Staining • Woodgraining
 High Lift Service • Insured • Free Estimates

HARV SCHAUB
 (920) 324-5718 cell (920) 948-3818



Integrity (in teg'rate) n. the quality of being of sound moral principle; honesty, sincerity.
 www.jhcontrols.com

PERFORMANCE • INTEGRITY

the Meadows of Fond du Lac

ASSISTED LIVING LIKE YOU'VE NEVER SEEN IT BEFORE

goodlife ASSISTED LIVING

For more information, contact:
 Diann Roberts, Program Director
 (920) 933-8090 | www.themeadowsfdl.com

Lincoln House Assisted Living

Affordable housing for older adults

WE PROVIDE:

- 24-hour supervision • Caring & trained staff
- Community & home activities • Family-oriented home setting
- Home-cooked meals • And more...

LINCOLN HOUSE: 342 Forest Ave. • **FRANKLIN HOUSE:** 349 W. 11th St.
call 922-7072

Serving the people of Fond du Lac for over 38 years

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Contact Duane Budelier to place an ad today!
 DBudelier@4LPi.com or (800) 950-9952 x2525

Health & Wellness

Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!

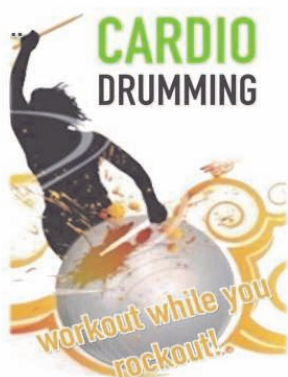


Tuesday mornings 9:00-10:00 a.m.

Next session: Jan. 10—Feb. 28 \$45

Participants must be able to walk without aid and should wear loose, comfortable clothing and tennis shoes. No partial sessions or refunds.

For more information, call 322-3630.



Cardio Drumming is a fun way to workout with a yoga ball, drum sticks and music!

**Come join us on
Mondays at 3 p.m.**

First class is free.
Purchase a punch card at
\$24 for 8 classes at the
front desk!



CHAIR EXERCISE CLASSES

Men and women welcome!

LOW IMPACT CHAIR EXERCISE

With Sarah Olson

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.

OTHER EXERCISE

Cardio Drumming

Mondays 3 p.m.

First class is free. Punch card is \$24 for 8 classes

Hikers

Tuesday & Thursday 10 a.m.

Call Ruth at 921-7192.

Line Dancing

Thursdays 6—7:30 p.m.

\$10/4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.; \$7.50/3 weeks

ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.

\$5 walk in/10 class punch cards \$40.00 from instructor

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by All About Life

Friday, December 9; 9 a.m. *2nd Friday of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, December 9; 9 a.m. *2nd Friday of the month*

No appointment needed. 12-hour fast required. Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, December 9; 9 a.m. *2nd Friday of every other month*

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment. Donations accepted.

FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

December 1, 8, 22; January 12, 19, 26

Call 322-3630 for an appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

***Note:** The Alzheimer's Support Group will not be meeting in December. The next meeting will be on **Thursday, January 26; 6:30—7:30 p.m.** *(4th Thursday)*
Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, December 20; 4:00—5:00 p.m. *(3rd Tuesday)*

Aurora Health Care Center, 210 Wisconsin American Drive
~ American Room

PARKINSON'S SUPPORT GROUP

Monday, December 12, 10:00—11:00 a.m. *(2nd Monday)*

Aurora Health Care Center, 210 Wisconsin American Drive
~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, December 13; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

Balance and Body Movement Class

Fridays at 10 :30 a.m. or 11 a.m.

Self Defense Class

Fridays at 9-10 a.m.

Laurence Lewis, leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

***Note:** The new schedule will begin on Friday, December 2.

**NO REGISTRATION REQUIRED — FREE ADMISSION,
JUST DROP IN!!**



Reaching Out – Touching Lives

Sponsored in part by
Fond du Lac Area United Way



Senior Outreach invites you to help decorate our

HEART TREE

with delicate spun glass heart ornaments

The Senior Outreach Program is sponsored by the FDL Area United Way, FDL County Department of Community Programs, FDL Area Foundation and Friends of the FDL Senior Center. The program's mission is to reduce loneliness and isolation through friendships with trained volunteers, and provide education on available resources when needed.

Open your heart to the Senior Outreach Program and donate for a spun glass ornament in memory of a deceased loved one or in honor of a special person in your life who is still living. Each ornament is a donation to the program. Rather than keeping the ornament, it will be hung on a beautiful cherry blossom tree which represents the fragility and beauty of life.



This is a friendly reminder that we will be starting the Heart Tree in February 2017! Watch for updates in the January newsletter.

Senior Outreach Program



Outreach volunteers will meet on
**Thursday, December 1 at 9:00
a.m. to 11:00 a.m. at Rolling
Meadows Restaurant** for the
Outreach Annual Holiday Breakfast!

Please call 322-36930 to register.
*Note: This is for Outreach Program
Volunteers Only*

Cookie Decorating at All About Life Thursday, Dec 15

1:00 p.m. – 2:00 p.m.

Community Cares Volunteers are invited
to go to "All About Life" and
help decorate Christmas cook-
ies with the residents!



**Do you like to
make others smile?
Learn more about our Outreach Opportunities.
Call Sarah at 322-3641.**

Community Cares

Volunteers will visit **Artisan Assisted Living and Memory Care, 154 Pioneer Pkwy, on Tuesday, December 20, 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.**

If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.


We would like to thank Lake View Place for co-sponsoring our Veteran's Pancake Breakfast on Nov. 11, and all the volunteers who helped put this event together! Also, thanks to the 100+ veterans, spouses and individuals who came to join us, along with the Red Hat Chorus for your beautiful songs!

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community
Programs
Fond du Lac Area United Way
Fond du Lac Area Foundation

December

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LET'S DO LUNCH! The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at Senior Dining least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</p> 				
<p>5</p> <p>9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead 3:00 Cardio Drumming 5:30 Zumba Gold 5:30 FDL Artist Assoc</p> <div> <p>Gift Shop Festivities <i>Holiday</i> open house Specials 12/5–12/9</p> </div>	<p>6</p> <p>8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 AARP Board Meeting 10:00 Hiking 10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge 1:00 Bingo-Sponsor:FDL Lutheran Hm 1:00 Mahjong 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at NFDL 6:30 Senior Dining:Paddy's Social at 5:30</p>	<p>OFFSITE SUPPORT GROUPS</p> <p>12/12 10:00 Parkinson's Support Group- Aurora Health Care 12/13 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant 12/20 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>Billiard Room open daily for open Pool except during league playing time. ** All Orange Events are held Offsite</p>	<p>1</p> <p>8:00 Skat at Rolling Meadows 9:00 Foot Care 9:00 MPTC-Is an iPad or Tablet for You 9:00 MPTC-Yoga 10:00 Hand Chimes at Hope, Lomira 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 10:30 MPTC-Yoga 12:00 ROMEO'S—Rolling Meadows 12:30 Bridge 1:00 Flying Geese Quilters 1:00 Tech Tyme 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club</p>	<p>2</p> <p>9:00 Self Defense Class 9:00 MPTC-Apple iPad Basics 9:00 Friends Board Meeting 10:00 Memory Cafe 10:00 Red Hat Chorus 10:30 Balance and Body Movement 12:30 Wil Bowling 1:00 Memories Writers Group 1:15 Sheephead 1:30 Game Day</p> <p>3 Saturday 10:00 Beg. Country Line Dance</p> <p>4 Sunday 1:30 "Singing Class" Christmas Concert At American Legion Hall</p>
<p>12</p> <p>9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club Holiday Get-together Out 1:00 Euchre</p>	<p>13</p> <p>8:30 Pool League 8 Ball 9:00 Bagels with Ben 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 12:00 Red Hat Honey's Christmas Party</p>	<p>14</p> <p>8:30 Pool League 9 Ball 8:30 SCAMP 9:45 Video Chair Exercise 10:30 Handchimes at Lutheran Hm</p> <p>12:00 Hand & Foot</p>	<p>15</p> <p>8:00 Skat 9:00 MPTC-Yoga 10:00 Handchimes at Grancare 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge</p>	<p>16</p> <p>9:00 Self Defense Class 10:00 Red Hat Chorus 10:30 Balance and Body Movement 12:30 Wil Bowling 1:00 Memories Writers Group</p>
<p>5</p> <p>9:00 Health Screenings and Hearing Screening 9:00 Self Defense Class 9:00 MPTC-Apple iPad Basics II 10:00 Red Hat Chorus 10:30 Balance and Body Movement 12:30 Wil Bowling 1:00 Memories Writers Group 1:15 Sheephead 1:30 Game Day</p> <p>10 Saturday 10:00 Beg. Country Line Dance</p> <p>11 Sunday</p>	<p>8</p> <p>8:00 Skat 9:00 Foot Care 9:00 MPTC-Yoga 10:45 Hand Chimes @ Woodlands #87 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 10:30 MPTC-Yoga 12:30 Bridge 1:00 Tech Tyme—Last one until Feb 3:30 Melodies and Memories Choir 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitches</p>	<p>7</p> <p>8:30 Pool League 9 Ball 8:30 SCAMP 9:45 Video Chair Exercise 10:00 Hand Chimes @ Barrett Hs 10:00-4:00 Gift Shop 1st Anniversary Celebration</p> <p>12:00 Canasta 12:00 Hand & Foot 12:30 Movie—Love The Coopers 1:00 Recreational Sheephead 1:15 Sheephead 7:30 Wed Night Dance</p>	<p>9</p> <p>9:00 Health Screenings and Hearing Screening 9:00 Self Defense Class 9:00 MPTC-Apple iPad Basics II 10:00 Red Hat Chorus 10:30 Balance and Body Movement 12:30 Wil Bowling 1:00 Memories Writers Group 1:15 Sheephead 1:30 Game Day</p> <p>10 Saturday 10:00 Beg. Country Line Dance</p> <p>11 Sunday</p>	<p>9</p> <p>9:00 Self Defense Class 10:00 Red Hat Chorus 10:30 Balance and Body Movement 12:30 Wil Bowling 1:00 Memories Writers Group 1:15 Sheephead 1:30 Game Day</p> <p>10 Saturday 10:00 Beg. Country Line Dance</p> <p>11 Sunday</p>

<p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>3:00 Cardio Drumming</p> <p>5:00 Senior Center Christmas Party 5:00 Social/ 5:30 Dinner at the KC Hall</p> <p>5:30 Zumba Gold</p>	<p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Harbor Haven</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Coin Club</p> <p>6:30 Senior Dining-Sebastian's Social at 5:30</p>	<p>1:00 Recreational Sheephead</p> <p>1:00 Umbrella Brigade at Manor Care</p> <p>1:15 Sheephead</p> <p>2:00 Umbrella Brigade at Manor Care</p> <p>7:30 Wed Night Dance</p>	<p>10:30 MPTC—Yoga</p> <p>12:30 Movie—Love The Coopers</p> <p>12:30 Bridge</p> <p>1:00 Community Cares-Decorate Cookies at All About Life</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook</p> <p>Happy Travelers Trip-Fireside Theatre "Fireside Christmas"</p>	<p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>17 Saturday</p> <p>10:00—2:00 Gift Shop Open</p> <p>10:00 Beg. Country Line Dance</p> <p>5:00 Supper Club-Benvenuto's</p> <p>5:00 Social; 5:30 Dinner</p> <p>18 Sunday</p>
<p>19</p> <p>8:00 Newsletter Assembly</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>3:00 Cardio Drumming</p> <p>5:30 Zumba Gold</p>	<p>20</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 HT-Costa Rica Document Meeting</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Generations</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares-Artisan</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at NFDL</p> <p>6:30 Senior Dining-Sunset Social at 5:30</p>	<p>21</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:45 Video Chair Exercise</p> <p>10:00 Handchimes at Artisan</p> <p>12:00 AARP Christmas Party at NFDL Community Center</p> <p>11:30 Social; 12:00 Lunch</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>22</p> <p>8:00 Skat</p> <p>9:00 Foot Care</p> <p>10:45 Handchimes at Woodlands #77</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:30 Bridge</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p>	<p>23 Packer Day —Wear Green & Gold</p> <p>9:00 Friends Board</p> <p>9:00 Self Defense Class</p> <p>10:00 Red Hat Chorus</p> <p>10:30 Balance and Body Movement</p> <p>12:30 Wil Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>24 Saturday</p> <p>25 Sunday</p> <p>Merry Christmas</p>
<p>26</p> <p>Center Closed</p> <p>Happy Holidays</p> 	<p>27</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Lincoln House</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at NFDL</p> <p>6:30 Senior Dining-Schreiner's Social at 5:30</p>	<p>28</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 No Hand Chimes</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>29</p> <p>8:00 Skat</p> <p>9:00 No Hand Chimes</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:30 Bridge</p> <p>5:45 TOPS #0566</p>	<p>30 Packer Day —Wear Green & Gold</p> <p>9:00 Self Defense Class</p> <p>9:00 Friends Board Meeting</p> <p>10:00 Red Hat Chorus</p> <p>10:30 Balance and Body Movement</p> <p>12:30 Wil Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>31 Saturday</p>

HO HO HOTLINE Monday—Friday, 12/1-12/23 3:30-4:30
Don't forget to renew your Friend's Membership for 2017

Dine Out Books are available for purchase as well as Kwik Trip Gift Cards and multiple Store Gift Cards.
Gift Shop is open 10-4 Monday-Friday 4-6 Thursday 3rd Saturday 10-2



Moraine Park Classes



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.



HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—sign up soon!

*** Classes subject to cancellation and prices are subject to change.*

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
----------	-----	------	---------------	------	---------------	------------	------------	------------

IS AN IPAD OR TABLET FOR YOU?

103-606-21261	R	December 1, 2016	1 week	09:00am-11:55am	3 hours	A. Mielke	\$20.70	\$26.10
---------------	---	------------------	--------	-----------------	---------	-----------	---------	---------

With so many tablets to choose from, iPad, Kindle Fire and the many other versions of Android devices, it can be difficult to know which one will meet your needs. In this class, we will compare the features of the various brands and determine if a tablet is right for you – and if so, which one.

APPLE IPAD BASICS

103-611-21262	F	December 2, 2016	1 week	09:00am-11:55am	3 hours	A. Mielke	\$20.70	\$26.10
---------------	---	------------------	--------	-----------------	---------	-----------	---------	---------

Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring you iPad to class. Please bring your log-in information and passwords to class.

APPLE IPAD BASICS II

103-613-21263	F	December 9, 2016	1 week	09:00am-11:55am	3 hours	A. Mielke	\$20.70	\$26.10
---------------	---	------------------	--------	-----------------	---------	-----------	---------	---------

Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class. Please bring your log-in information and passwords to class.

Don't forget to **LIKE**
US on Facebook to see
what's going on daily!



Senior Center:

www.facebook.com/FondduLacSeniorCenter

Happy Travelers

www.facebook.com/FondyHappyTravelers

Brown Paper Packages Gift Shop:

www.facebook.com/BrownPaperPackagesGiftShopFondduLac

Art & Recreation Classes

15

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	\$16 for 4 class punch card
Session 1: December 6,13,20,27 Session 2: January 10, 17, 24, 31			
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
Session 1: December 6,13,20,27 Session 2: January 10, 17, 24, 31			
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
Session 1: December 6,13,20,27 Session 2: January 10, 17, 24, 31			
Country Line Dancing	Thursdays	6:00-7:30 p.m.	\$10 for 4 class punch card
Session 1: December 1, 8, 15, 22			
Beg. Country Line Dancing	Saturdays	10-11:30 a.m.	\$7.50 for 3 class punch card
Session 1: December 3, 10, 17			
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 classes
Concert is on Dec. 4th. See page 9 for more details! Spring Session: February 7—May 2nd			



Keep up with Senior Center news and activities, like us on Facebook!
www.facebook.com/FondDuLacSeniorCenter

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac
CALL RHONDA AT (920) 929-9270
An Independent Living Community For 55+
-Certain Income Guidelines Apply-
1 and 2 Bedroom Apartments Available
MANAGED BY PROFESSIONAL PROPERTY MANAGEMENT

*All Utilities Included (Except Electric)
 Heated Underground Parking,
 Senior Dining, Bingo & More*

HOUSE CALLS ARE OUR SPECIALTY!

Because we care
 Help is on the way

923-1155
Equal Opportunity Employer
 286 18th Street • Fond du Lac

- Personal Care - Short or Long Term
- Homemaker Services - Short or Long Term
- Respite Care
- Companionship

PORTLAND SQUARE APARTMENTS

NOW RENTING

LARGE ONE BEDROOM APARTMENTS FOR SENIOR AND DISABLED

Rent is 30% of your monthly adjusted income.
 Convenient, Secure Location,
 Professional Management
 Home to Fond du Lac County Senior Meal Site
 Social Service Coordinator

Call Today
920-922-2562

**55 North Portland St.
 Fond du Lac, WI**

LAKE VIEW PLACE

has been recognized as
THE BEST OF 2016
BY SENIORADVISOR.COM!
Call 920-926-1100 for a tour.

Lake View Place
 Senior Living

517 Luco Road
 Fond du Lac, WI 54935
 920-926-1100

enlivant.com

St. Charles Cemetery

A Peaceful Country Place on the Ledge

W4287 Golf Course Drive
 Fond du Lac, WI 54937
 921-4381 or 921-0580

CONSTRUCTION Since 1948

~ GENERAL CONTRACTOR ~
 ~ CONSTRUCTION MANAGEMENT ~
 ~ DESIGN/BUILD ~

www.capellediedrich.com
 ~ (920) 921 7830 ~

CHRISTMAS GIFT CARDS AVAILABLE!!!!

Let the Brown Paper Packages Gift Shop help you with your Christmas gift giving this season! When you buy gift cards here, our Center earns 2.5% - 15% on each card purchased!

A & W - \$5	Subway - \$10	Faro's - \$10	Menards - \$25
Culvers - \$5	Target - \$10	Friar Tucks - \$10	Piggly Wiggly - \$25
Dairy Queen - \$5	Backyard Grill - \$25	Gilles - \$10	Roundy's - \$25
Starbucks - \$5	Festival - \$25	Panera Bread - \$10	Shopko - \$25
Ala Roma/Schmity's - \$10	Fleet Farm - \$25	Pizza Hut - \$10	Walgreens - \$25
Buffalo Wild Wings - \$10	Kohls - \$25	Schreiner's - \$10	Walmart - \$25
Culvers - \$10	Kwik Trip - \$25		

Cash or Check **Only**
Other Cards are available, please ask!



Purchase gift cards in Brown Paper Packages Gift Shop Monday–Friday 10 a.m.–4 p.m., Thursdays 10 a.m.–6 p.m., and the 3rd Saturday of each month 10 a.m.–2 p.m.

AGNESIAN HEALTH SHOPPE

FOR ALL YOUR HOME MEDICAL AND RESPIRATORY NEEDS.

Exceptional service and care.
 Delivery available.
 (920) 926-5277 • (800) 732-1313
 agnesianhealthshoppe.com

Fond du Lac Karen **Memorials Martin**

651 Fond du Lac Ave., Fond du Lac, WI 54935
 (across from Haentze Floral)
 (920) 922-5606
 karen@milwaukeeememorials.com
 Quality Monument Foundations by Ron Steffes

ADRC AGING & DISABILITY RESOURCE CENTER OF FOND DU LAC COUNTY

*FREE INFORMATION & REFERRAL
 *DISABILITY BENEFIT SPECIALIST
 *LINKS TO ASSISTANCE FOR GUARDIANSHIPS & PROTECTIVE PLACEMENTS

*OPTIONS COUNSELING AND LONG TERM CARE
 *INFORMATION ABOUT ELDER ABUSE/NEGLECT

MONDAY TO FRIDAY 8AM TO 4:30 PM
 50 N PORTLAND STREET
 FOND DU LAC, WISCONSIN

(920) 929-3466 OR 1-888-435-7335
 adrc@fdlco.wi.gov

Now Leasing!

RIVERVIEW APARTMENTS
 MEGLEI MANAGEMENT

Ages 62+ and/or disabled

- Nice 1 bedroom apartments
- Rent is 30% of monthly adjusted income
- All utilities included • Community Room • Elevator available
- Laundry room on each floor
- 1 pet allowed (size restrictions apply) with pet deposit
- Professional Management • Social Service Coordinator

Convenient Location
101 Western Avenue, Fond du Lac
Call or stop by today! 920-921-7298
 www.meglei.com

KindredHearts SENIOR LIVING

Does Someone You Love Need Help with Memory Care?

- Gentle Quiet Alzheimer's Support
- Small Community, Safe Residential Neighborhood
- Trained Dementia Care Specialists
- Secure, Furnished Private Rooms
- Extended Stay or Respite Care Available

www.khearts.com
 Call to visit or receive information:
 920-946-2295

KindredHearts of Fond du Lac • 566 Sherwood Avenue, WI 54935 • 920-924-8811

Rienzi Cemetery, Chapel & Mausoleums

Rae Nell Halbur, Family Service Counselor
 N6101 Highway K • Fond du Lac, WI 54937
 920-922-4543

Scenic, Historic, Affordable
 Non Profit Since 1845

Email: rienzi@tds.net • www.rienzicemetery.com
 Make your final resting place part of Fond du Lac History at Rienzi.
 Find us on Facebook

Brown Paper Packages Gift Shop

... offering your favorite things.

1st Anniversary & Holiday Open House

Monday, Dec. 5—Friday, Dec. 9

Come join us as we kick off our One Year Anniversary with a Holiday Open House during the week of December 5—9! We will have door prizes, gift wrapping, food samples & more!

Mark your calendar for our special deals during this week:

Monday
Tuesday

Select Packer items on sale
\$1 OFF all coffee mugs & FREE
COFFEE with any purchase

Wednesday

Happy 1st Anniversary cake & beverages! Free gift with a purchase of \$10 or more!

Thursday
Friday

\$.50 OFF bags of Faris popcorn
\$1 OFF puzzle piece wall décor



Monday—Friday 10 a.m.—4:00 p.m., Thursday evenings 4—6 p.m.
3rd Saturday of each month 10 a.m.—2 p.m.

151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3638

Open to the public— Located inside the Fond du Lac Senior Center



<https://www.facebook.com/>



Programs & Activities—Movie

Love the Coopers

Wednesday, Dec. 7 & Thursday, Dec. 15

11:45 a.m. Lunch (optional); **12:30 p.m. Movie**

December 7 Menu: Hungarian Goulash Casserole, Maple Brussels Spr., Cantaloupe Slice, Cinnamon Roll* & Sliced Bread

December 15 Menu: Bratwurst on a Bun, Sour Cream & Chive Potatoes, Corn, Cantaloupe Slice & Cookie

2015 movie; 1 hr 47 mins; PG-13; Comedy; Starring: Steve Martin, Diane Keaton, John Goodman



Love The Coopers: When four generations of the Cooper family come together for their annual Christmas Eve celebration, a series of unexpected visitors and unlikely events turn the night upside down, leading them all towards a surprising rediscovery of family bonds and the spirit of Christmas.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. *If you register to attend but are unable to come, please call to let us know.*

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.



All About Life Rehabilitation Center

OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS

Serving the Fond du Lac Community
with Our Advanced Rehabilitation Unit

And Our Track Record will Prove It!

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

Our goal is to get you back home safely!

All About Life

REHABILITATION CENTER

115 East Arndt Street
Fond du Lac, WI 54935
920.923.7040

www.allaboutlifeskillednursing.com

Call to schedule a personalized tour of our Advanced Rehabilitation Unit
....helping people live better

**NOW LEASING!
50 and Better**

- 1 Bedrooms
- Rent based on income
- Utilities Included*
- Small pets welcome*

*some restrictions apply

MABESS MANOR APTS.

(920) 922-2019

Campbelsport, WI. EHO

**JERRY TIGHE
ROOFING CO. INC.**

922-7246

Dean Tighe, Owner

Compassus
HOSPICE & PALLIATIVE CARE
Serving with Heartfelt Compassion

920-922-1560

1-800-888-0803

79 N Pioneer Rd., Fond du Lac

www.compassus.com

**Twohig
Funeral Home**

www.twohigfunerals.com

305 Fond du Lac Ave. Fond du Lac 109 W. Main St. Campbelsport

920-921-0960

920-533-4422

Cost conscience funeral services from full services to cremation

Robert J. Twohig

Casey W. Twohig

**Above & Beyond Care
SOLUTIONS LLC**

Home Care Services

920-933-5550

www.aboveandbeyondcaresolutions.com

Handmade Solid Wood
Caskets from \$1000 | Urns from \$100

Pine * Black Walnut
Aromatic Cedar * White Birch

Choice of Interior Color

Bob's "Crazy" Woodworking
920-238-7386

Bob Luebke FDL Senior Center Member

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

**Contact Duane Budelier to place an ad today!
DBudelier@4LPi.com or (800) 950-9952 x2525**

SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



December 6	Paddy's Pizza
December 13	Sebastian's Steak House
December 20	Sunset on the Water (Christmas Party!)
December 27	Schreiner's

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

Senior Dining



December 2016 Fond du Lac County Senior Dining

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Register for lunch by calling 929-3937 at least one day in advance before 1 p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Thursday, December 1: Pork Steak
- Friday, December 2: Crispy Fish Fillet
- Monday, December 5: Meatloaf
- Tuesday, December 6: Chicken Marsala
- Wednesday, December 7: Hungarian Goulash Casserole
- Thursday, December 8: Liver & Onions
- Friday, December 9: Honey Mustard Meatballs
- Monday, December 12: Baked Chicken
- Tuesday, December 13: Chili Casserole
- Wednesday, December 14: Roast Pork Loin
- Thursday, December 15: Bratwurst on a Bun
- Friday, December 16: Roast Turkey
- Monday, December 19: Glazed Ham
- Tuesday, December 20: Chicken Breast
- Wednesday, December 21: Baked Spaghetti
- Thursday, December 22: Roast Beef
- **Closed on Friday, December 23 & Monday, December 26**
- Tuesday, December 27: Hawaiian Meatballs
- Wednesday, December 28: Baked Chicken
- Thursday, December 29: Pork Jaegerschnitzel
- **Closed on Friday, December 30**

Come dine with friends!

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.79 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

**WE
ARE
HERE
TO
HELP**

Happy Travelers

Be a Happy Traveler... We're going places!



-WE'RE GOING PLACES

Happy Travelers' Office 322-3635/322-3633
Mary Schneider, Travel Coordinator

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are \$10 for a single and \$15 for a married couple.

Reminders:

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.

****We will be closed on Dec. 26th—Jan. 2nd!****

UPDATES!

Our **Happy Travelers 2017 Trip Schedule** is OUT!!! Stop in today to get your copy! Details about future trips throughout 2017 are highlighted, including prices and activities!



New Activity Levels

We have assigned an activity level next to every trip to help you decide which trip best suits your interests and abilities:

- (E) **Easy** — Easy programs involving minimal walking and not too many stairs
- (M) **Moderate** — Expect to walk up to a mile a day or to stand for an extended period of time
- (A) **Active** — You will likely walk as much as two miles a day and potentially climb stairs

We're Going to Schwarz's

New Holstein

Wednesday, March 29

\$46 | IN

Join us for a night out of delicious food and great company as we gather at one of the hotspots of the area!



MYSTERY TRIP

5 Day Trip; May 22-26, 2017

\$549 double, \$699 single

Trip Hints:

- ♦ Guided City Tour
- ♦ See the Lights
- ♦ Touch the Water
- ♦ Smell the Fresh Air

Fun Surprises!

We will use three forms of travel during this trip. Join us



Happy Travelers

21

Be a Happy Traveler... We're going places!

CHARLESTON, SAVANNAH, JEKYLL ISLAND & SC

(A)

Diamond Tours

9 Day Trip; April 1–9,
2017

\$918 double, \$1,224
single



Travel Back in time and experience the beauty of:

- Savannah, GA—the “Belle of Georgia”
- Charming Charleston, SC
- Jekyll Island—Georgia's elite coastal barrier island

Along the way you will tour the Kentucky Artisan Center in Berea, KY, the South Carolina State Museum in Columbia, SC and the National Underground Railroad Freedom Center in Cincinnati, OH

NIAGARA FALLS & TORONTO

(A)

Diamond Tours

7 Day Trip; June 11–17, 2017

\$685 double, \$904 single



Get your passport ready and join us for a tour to beautiful Niagara Falls and Toronto, Ontario

Highlights include:

- ◇ Guided tour of the Niagara Falls area
- ◇ Guided tour of Toronto and a visit to the majestic castle estate—Casa Loma
- ◇ “Hornblower Niagara Cruise” boat ride
- ◇ Tour of historic Niagara-on-the-Lake
- ◇ Try your luck at the Fallsview Casino
- ◇ Tour the Maritime Museum



www.facebook.com/FondyHappyTravelers

Limited seating available for these trips. Call soon to save your spot!

JANUARY 2017

FEBRUARY 2017

MARCH 2017



“The Bodyguard”

Appleton PAC
Thursday January 19
\$89 No Meal

(E)

Wonder Bread Years

Schauer Center
Featuring John McGivern
Friday January 27
\$79 IN (Mine Shaft)

(E)



Fasching Dinner & Show

Johnsonville
Dorf Kapelle Band
Sunday, February 12
German Meal \$69 IN

(E)

“Cabaret”

Appleton PAC
Victoria's Restaurant
Tuesday, February 28
\$89 DT

(E)

Ho Chunk Casino Overnight

Thursday & Friday
March 9 & 10
3 casino stops
\$ 118 Dbl / \$155 Sgl

(E)

Jelly Belly Tour & Kenosha Civil War Museum

Thursday, March 23
\$80 IN

(M)

We're Going to Schwarz's

Wednesday, March 29
\$46 IN

(E)

**GIFT
CERTIFICATES
AVAILABLE!**



Happy Travelers
Exclusive Trip

Announcements/Mark Your Calendar

Thank you!



Our Election Day Bake Sale that was held on November 8 to support the Fond du Lac Area United Way was a huge success! A big thank you to all the volunteers who donated baked goods for the sale and helping out with this event! Without you, this

***NOTE:** The Sing Along with Karin Whealon & Jess Ellison for Thursday, December 8 has been *cancelled*.

Thank you to our Fabulous Friends!

The following people have gone above and beyond by supporting the Friends of the Fond du Lac Senior Center. We appreciate their generous Support!

- | | |
|-----------------------|---------------------|
| • Darrell Aldrich | • Oscar Kraus |
| • Joanna Anderson | • Mike Lefebvre |
| • Helen Aschenbrenner | • John McIntosh |
| • Twyla Baker | • Gary Miller |
| • Robert Bloedorn | • Linda Moore |
| • Dan Bord | • J Michael Mowbray |
| • Glenda Brien | • Charlotte Nelson |
| • George Casper | • William Retert |
| • James Ehrenberg | • Keith Rodenkirch |
| • Richard Ewald | • Joe Schumacher |
| • Irene Fails | • Walter Seibel |
| • Willard Henken | • Rosemary Sheridan |
| • Ines Kerch | • William Steffen |
| • Donald Kind | • Dwight Weiser |

Memory Café

The 1st Friday of each month held at our Center.
Friday, December 2; 10:00 a.m.



'Tis The Season!

For December's theme, we will be singing Christmas carols, reminisce about Christmas, enjoy a cup of hot coco and cookies!

Reminder: This event is designed for individuals with early stage dementia, mild memory loss or cognitive impairment and their care partners.

Next Cafe: Friday, December 6th, 10:00 a.m.



Chocolate Fantasy

Sunday, January 31

11:00-3pm

KC HALL

795 Fond du Lac Avenue, FDL

Get swept up by a choc-nado of deliciousness at the 20th Annual Chocolate Fantasy. Dozens of vendors will provide chocolate samples, and the world-famous Soroptimist gift basket silent auction will amaze. The annual fundraiser benefits local programs that provide support for women and girls. Tickets go on sale in December. Please contact Terri Fleming at 322-3951 for more details!



Dress up your pet day!

Do you have a pet? January 14 is "Dress Up Your Pet Day!" and we are holding a contest for the best dressed up pet! Pictures of your pet (*pet only please*) should be sent to Sarah Docter by email (slolson@fdl.wi.gov) or in-person by January 6th. Pictures will be posted during the week of January 9-12 & people will be voting for the best dressed pet. On January 13th, we will reveal the winner!



2017 Friends Membership Application

23

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	

☐ **I'D LIKE TO GO GREEN!** *RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE*

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2017 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2017 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2017 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2017 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

December 2016 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

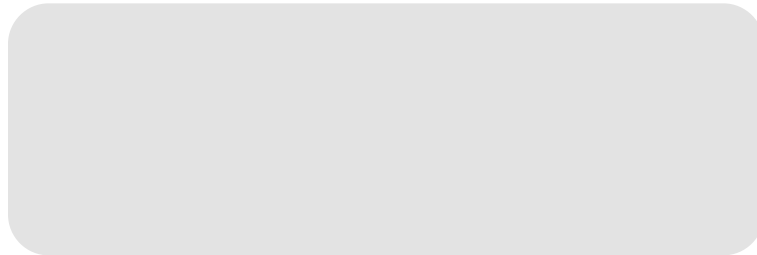
151 E. First Street
Fond du Lac, WI 54935

NON PROFIT ORG
U.S. POSTAGE

PAID

FOND DU LAC, WIS
PERMIT NO. 129

ADDRESS SERVICE
REQUESTED



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans 322-3632
cloomans@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

TRAVEL COORDINATOR ASSISTANT

Vicki Wiesner 322-3633

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM COORDINATOR

Sarah Olson 322-3641

MARKETING/FUND COORDINATOR

Christina Thor 322-3640

OUTREACH/WELLNESS COORDINATOR

Sarah Olson 322-3641

GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

FRIENDS BOARD OF DIRECTORS

Kate Barr
Joanne Bunkelman
Robert Katzfey
Vickie Michels
John Mirenda
Charlotte Nelson
Kathy Schreiber
Wally Seibel
Judi Walters

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman
Barbara Lukas, Chair
City Council Pres. Lee Ann Lorrigan
Charlotte Nelson
Ross Purcell
Dave Redman
John Silah

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.